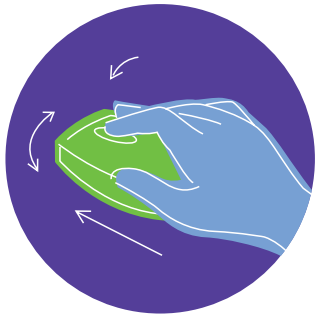
Hoverstop

active ergonomic mouse



Active

When actively using the mouse, it works like any other mouse

Passive

When you are not actively using the mouse, you still have tension in arm, neck and shoulder

Vibration

After 10 seconds of passive mouse-use, a vibration helps to remind you to take your hand away

Relax

You rest your hand and relax until you need to use the mouse again, without interrupting your work.

If you want to stay healthy,
give your mouse a break!

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Quick Manual

1st week

- View the Hoverstop instruction video at www.hoverstop.com/video.
- Plug in the mouse and place it on the mousepad.
- Practice resting your arm. Place your hand on the mouse, wait until it vibrates, then place your hand on the desk in front of you. Repeat 5-10 times
- In the beginning you may find the vibration disturbing, you will grow used to it.

2nd week

- Taking away your hand will gradually become an automated response and less disturbing.
- At times you will still notice the vibration, remind yourself to rest your arm.
- If you have specific questions please see the FAQ on our website.

3rd week

- By now you will start taking your hand away even before the mouse vibrates; your default position will be OFF rather than ON the mouse
- The many microbreaks and reduced mouse time will help you relax and improve productivity
- Your results are important to us and we very much appreciate you completing the user survey at www.hoverstop.com/survey.

When the mouse vibrates...

...rest your hand in front of your keyboard or your lap

...do NOT tilt your hand back in tensed position

If you want to stay healthy,
give your mouse a break!